

## Budget cuts will mean fewer summer classes, faculty

T.J. Accola

Planned cuts to the university's budget will likely lead to fewer classes offered during the summer, a UNO official said Wednesday.

A \$1.7 million cut to UNO's budget next fiscal year will likely require the university to offer less classes during the Summer 2002 sessions, said Derek Hodgson, vice chancellor of academic affairs.

Hodgson said the expected cuts in classes are "not insignificant." However, the changes will not take place until the second session of the summer semester due to the fact that the fiscal year does

not begin until July 1, 2001.

Hodgson said the university's academic division accounts for roughly 80 percent of UNO's budget. Therefore, the school's academic programs are expected to absorb 80 percent of the budget cut, or \$1.36 million over the next fiscal year.

In addition to fewer class offerings, cuts will also be made to the number of faculty members.

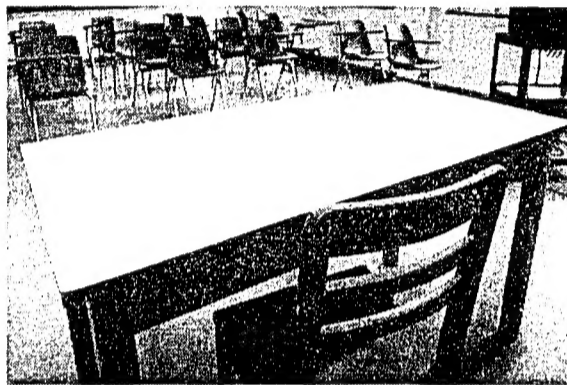
"Some faculty vacancies will not be filled," said Hodgson, meaning positions left by retiring or departing instructors will remain unfilled. However, the changes will likely result in only "slightly fewer full-time faculty members."

Hodgson said he feels fewer class offerings will cause an inconvenience to students, but are necessary in the ultimate scheme of things.

"We hope to serve our

students better by making reductions in summer sessions," he said, although he admitted that the "flexibility that students had

see Cuts, page 2



Empty classrooms will be more common on campus this summer as budget cuts lead to fewer class offerings.



Vice president-elect Shay Riggs, shown here in October's debate, is set to take office in January.

## Prucha, in-house election among Senate's options

Kristin Zagurski

UNO's student government is set to soon decide a course of action regarding the position of student body president/regent.

President/regent-elect Damien Coran was recently found ineligible to serve. Officials have said that his vice presidential running mate, Shay Riggs, would likely be appointed to the position in January.

However, senate speaker Aaron Becker said the senate's options are not limited to either appointing Riggs to the position or holding a special election.

Becker said in a written statement earlier this week that student government could also conduct a special

election within student senate or could declare the votes Coran garnered in October's election null and void. In the latter case, the candidate with the next highest number of votes, current student body president/regent Mallory Prucha, would be appointed to the office.

Referring to university officials' decision to appoint Riggs, Becker said the "general sentiment in student government is that the ascension of vice-president-elect to president/regent-elect is unacceptable."

Student government will likely decide next week what its official course of action will be.

see Senate, page 4

## Eating disorders are vicious cycle

Nikki Strayer

Whether you are aware of it or not, eating disorders are a massive part of American culture. Who doesn't want to be attractive? Who doesn't want to be loved?

But even with these ideals, why do so many men and women, at an average age of 17 years, stumble into eating disorders and their vicious, yearlong cycles of torture and dieting? It's not just because they want you to like them. They want to like themselves.

So what exactly defines an eating disorder and what specifically drives so many young people to destroy their bodies?

Eating disorders are a form of mental illness and are something which can be treated. Those who suffer

from eating disorders are not lost for hope, nor are they alone. But eating disorders are also addictions, and as it is with all addictions, the first step to recovery is realizing there is a problem.

The Eating Disorders Awareness and Prevention Web site (www.edap.org) says that "Eating disorders ... include extreme emotions, attitudes and behaviors surrounding weight and food issues. Eating disorders are serious emotional and physical problems that can have life-threatening consequences for males and females."

It is not just the desperate want or need to lose weight which drives these disorders, either, although this is the common belief.

"There is no single

cause for eating disorders. A number of factors, including cultural and family pressures, chemical imbalances and emotional and personality disorders [can lead to eating disorders]." (WebMD).

Depression and a need for control are also known factors leading to problems in eating. Oftentimes, the person who has developed the disorder had no initial intention of losing weight, but found it more of a focus or means of distracting themselves from other things going on in their life. Perhaps they saw their

actions as positive; something they could control, achieve, be successful at.

There are three main categories into which eating disorders fall: anorexia nervosa, bulimia nervosa and binge eating. Anorexia nervosa is characterized by self-starvation and excessive weight loss. According to the National Eating Disorder Screening Program, an estimated 1,000 women die each year of anorexia nervosa, and according to MSN Encarta

see Disorders, page 7

## Skaters travel to Bowling Green

Brian Brashaw

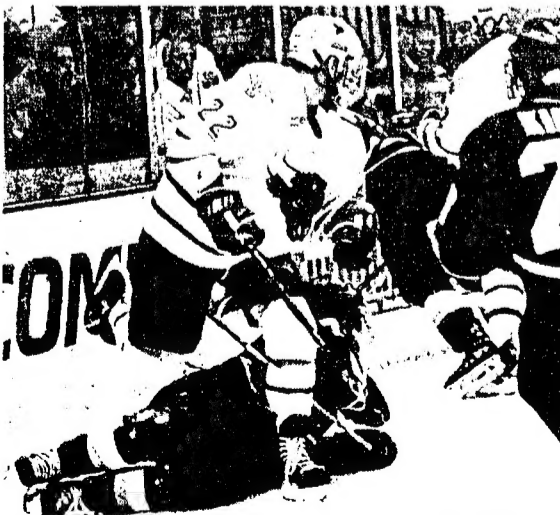
Who cares if the Bowling Green State University hockey team has won 700 games in its existence? Who cares that the 700 win mark is the highest in the Central Collegiate Hockey Association? Who cares that BGSU head coach Buddy Powers has won 179 more games than Nebraska-Omaha head coach Mike Kemp. Those numbers mean nothing, because UNO carries a 6-3 head-to-head edge against the Falcons, this weekend's opponents.

Games between

Bowling Green and UNO haven't traditionally been friendly affairs, particularly here in Omaha. Most notable was a game filled with cheap shots that occurred before the Mavericks even joined the league. Yet, the Falcons may still not have gotten the bad taste out of their mouths from the glorious CCHA Final Four play-in game during the 1999-2000 season, UNO's first in the league.

Bygones be bygones? Not likely; the Falcons are beginning to dislike playing the Mavs mutually. This

see Hockey, page 7



Zach Scribner looks for the puck during last weekend's series against Ferris State.

### Inside the Gateway

#### **n** News

- Pill poppin' facts, page 2
- Spot News, page 2

#### **a** Arts & Leisure

- Bari strikes back, page 5
- Like a bowl full of jelly, page 5

#### **s** Sports

- Division 1 foes await B-ball, page 6
- The Raf report, page 6

# Around the area: News from area colleges

Kristin Zagurski

## University of Nebraska-Lincoln

Maj. Gen. Ashwin C. Hurribunce, one of the leaders of the transformation of South Africa from an apartheid state to a democracy, will speak at the University of Nebraska-Lincoln Dec. 3.

Hurribunce will deliver the lecture, "Collective Leadership: A Lesson from Africa," beginning at 2:30 p.m. in Room 143 of the College of Business Administration Building, 12th and R streets.

The lecture will focus on the role of leadership in transforming South Africa and the fashioning of the leadership styles of the individuals at the forefront of that transformation.

A reception will follow the lecture at 4 p.m. Both events are free and open to the public.

Hurribunce once served as Nelson Mandela's personal physician. He joined the South African National

Defense Force in 1994 and serves as its chief of joint training. In 1999, he was acknowledged as one of the "Greatest Achievers of the 20th Century" by the Society of International Biographers.

## Chadron State College

Chadron State College has accepted a grant for the coming year to join a Biomedical Research Infrastructure Network that is being established in Nebraska.

The program is being funded by the National Institutes of Health and the National Center for Research Resources.

Three universities in the state that have doctoral programs, Creighton University, University of Nebraska-Lincoln and University of Nebraska Medical Center, will serve as the training institutions, but most of the funding will go to five undergraduate institutions.

CSC is receiving \$128,880 from the grant this year and is expected to

receive \$325,173 during the three-year period the grant will operate.

The research is expected to include a variety of fields, such as biochemistry, molecular biology, genetics, virology and a rapidly-developing area called bioinformatics.

## Hastings College

Hastings College has planned a number of events in conjunction with this year's World AIDS Day, Dec. 1.

Events on Nov. 30 include a person living with AIDS speaking about his experience.

Darren, who was diagnosed with AIDS in 1985 as a 21-year-old college student, will speak about his life since being diagnosed at noon in the Perkins Auditorium.

The 2001 World AIDS Day theme is "I Care, Do You?" This year marks the 20th anniversary of the recognition of AIDS as a disease.

Compiled via official press releases and university Web sites.

# Spot news

Kristin Zagurski

## Chancellor's Commission on Multicultural Affairs to Meet Nov. 30

The chancellor's Commission on Multicultural Affairs will meet at 3 p.m. today in the chancellor's conference room (EAB 200).

## ABC Breakfast to feature Ken Schmidt

Ken Schmidt, former director of corporate/financial communications for Harley-Davidson, Inc., will be featured at this season's

second ABC Breakfast, which will be Dec. 5.

For more information about the ABC Breakfast series, call Rita Shaughnessy at 554-2006.

Do you have an item you'd like to see in Spot News? If so, let us know. The deadline for Tuesday editions is Saturday at 5 p.m. and for Friday editions, Tuesday at 5 p.m. Items can be dropped off in person at MBSC Room 115, mailed to The Gateway, Attn: News Editor, 6001 Dodge St., Omaha, NE, 68182; faxed to 554-2735; or e-mailed to news@gateway.unomaha.edu

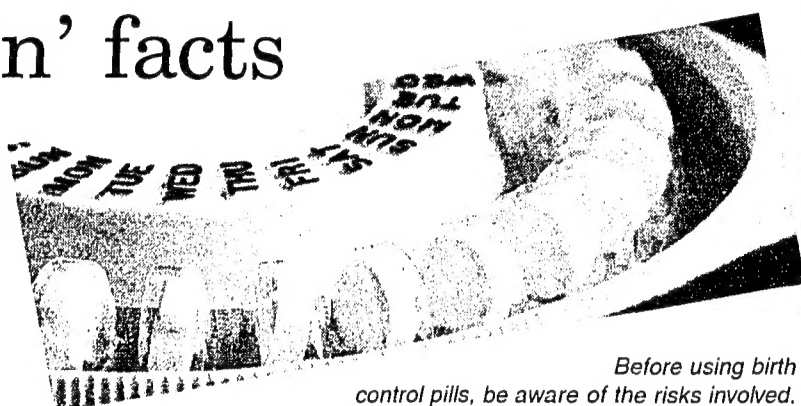
# Pill poppin' facts

Sarah Meedel

Feeling a little frisky? Have the urge to give into sexual desires, but don't want the risk of an unplanned pregnancy? Just because a hottie has that certain irresistible something, it does not mean luck will be on one's side and the stork will just pass by. Think getting on the pill is the answer? Before jumping on the oral contraceptive bandwagon, there are some facts to know.

Sure, he may appear sexually appetizing now, but once on birth control pills, this might change. One of the many side effects of oral contraceptives is a decrease in a woman's want for sex, according to an article at [www.SurgeryDoor.com](http://www.SurgeryDoor.com). Researchers say it has to do with the way the drug may dull the sense of smell. Professor Salvatore Caruso, one of the researchers, says, "Biologically, odors influence reproductive processes in humans." Therefore, they concluded that being on the pill lowers a woman's sex drive.

When having sex often is not a major concern, there are other issues with birth control pills that are health related. Women aged 50-plus have as high as 80 percent increased risk of breast cancer if they have used the pill for more than four years. For many whose worries are that of the now and not of the future, this is the concern: cancerous melanomas and ovarian cysts have begun to increase in females of all



ages who used the drug.

Another health problem linked to the pill is blood clots. The hormones from the pill directly affect a person's blood clotting ability. These blood clots usually start in the leg, but can start in other places, according to a variety of studies summarized at [www.members.tripod.com](http://www.members.tripod.com); they then move into the lungs or other vital organs and may become fatal.

However, these are only extreme side effects of oral contraceptive pills, and do not occur in all women who take them. Still, be warned of what to look for if on one of those medications. A good acronym for warning signs is ACHES. A, for severe abdominal pain; C, for severe chest pain or shortness of breath; H, for severe throbbing headaches; E, for eye problems (such as flashing lights or vision disturbance); and S, for severe leg pains, according to the University of New Mexico's Web site.

Not all of the side effects are as extreme. Some of the most common problems are bleeding between periods,

weight loss or weight gain, breast tenderness and mood changes. Planned Parenthood's Web site, at [www.PlannedParenthood.com](http://www.PlannedParenthood.com), cites other intense conditions that may make one uncomfortable enough to get off the pill: frequent headaches, depression, nausea and a change in sexual desire.

Every pill will not cause these kinds of side effects for everyone; for this reason, it is important to talk to a doctor about exactly what is going on with your body if you are on the pill or any other contraceptive. It may be time to try something else, as birth control pills are not right for everyone. There are other methods to prevent pregnancy. One very similar to the pill is the FDA-approved NuvaRing. It's inserted like a tampon and removed after 21 days, with no gynecologist visits necessary. It releases hormones at a lower dosage continuously and offers the same protection of the pill. More permanent anti-pregnancy options are Depo-Provera and Norplant. Depo-Provera is a hormone shot injected approximately

see Birth Control, page 7

## from Cuts, page 1

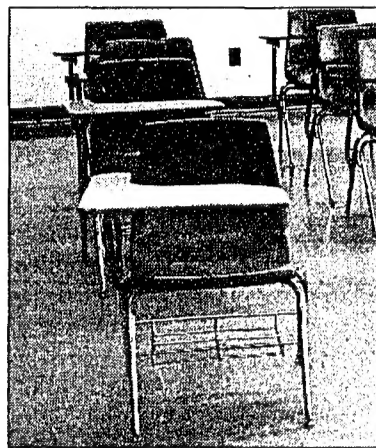
will be reduced."

Although Hodgson said "some courses will not be offered at all" during the summer, officials are hoping a strategy of fewer sections and larger classes will minimize the inconvenience to students.

"Some programs are really vital," Hodgson said. "Those will be salvaged."

Further emphasis will also be placed on classes that are necessary for soon-to-be graduates.

Hodgson also said the cuts will be staggered, possibly meaning even



A \$1.7 million cut next year will likely lead to a few empty classrooms in the summer semester.

fewer classes will be offered during the Summer 2003 sessions.

University deans will meet next week to work on prioritization for the summer sessions, and class schedules will be available by late January.

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San Diego, CA

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# Bellevue: Ghetto's middle-class step-brother

Brian Brashaw

Just a few miles south of the Interstate 80-Kennedy Freeway exchange, your passenger utters the words, "What's that smell?" Welcome to Bellevue, home to the aromatic bliss we call the Old Home bakery. Thus begins your journey through magical Bellevue.

Nobody really knows where it begins or where it ends, or where it merges with Omaha, but take it how you want, and take it to go. I'm speaking of the two infamous stretches of fast food heaven in Bellevue. The first stretch takes you down Galvin Road. Galvin stretches from the north entrance of Offutt Air Force Base to the barren wasteland known as Southroads Mall (which we'll get to later). Galvin Road has every single fast food eatery imaginable, and if it doesn't, then Cornhusker does [*Editor's Note: Except Chik-Fil-A*].

Cornhusker is the gateway to all that is

Bellevue. It also takes you past both Bellevue East and Bellevue West high schools and heads west into Papillion.

Bellevue has a nice sectional divide and some interesting diversity within. To the extreme southeast, you'll find the air force base. Just west of it, one can find an interesting little area of town, the Golden Hills and Quail Creek area. This area lies just south of the intersection of 36th Street and Highway 370. In this area, you will find nice residential houses, and affordable apartments, about \$400 to \$700 per month.

Now back to Southroads mall. This place wasn't even a bustling venue for commerce when I moved here in 1986. I am thoroughly impressed it is still standing. Ameritrade bought out a floor of what used to be Younkers. Powerhouse Gym bought some space, and no other store has lasted in this hellhole for more than two years. There are two exceptions. Jon's Grecian Delight [*Editor's Personal Fave*] and Kay-B Toys

have been there since the start. Overall, it is a pretty desperate last stop for the fall '98 fashion rejects. The one upside to the mess is the re-opened Brandeis Theatre, which still shows a midnight showing of the Rocky Horror Picture Show every now and then.

It is a shame that Ghettoroads has to ruin a very nice area of town. Next to it is an Albertson's that has been there for probably 20 years [*Editor's Note: three of which I worked there*], and right behind that is my stomping grounds, the Britain Towne apartments. I lived in an apartment for three years with my old man for about \$450 a month. It was a bachelor's heaven.

The nicest part of Bellevue no doubt is the Fontenelle Forest area. This area lies beyond Britain Towne and is a weave of forest and residential abodes, as well as one of the prettiest golf courses in the Omaha area. Very nice, very expensive houses in this area. I'm proud to say I own about 10 of 'em.

As far as restaurants, the one that is an absolute must try is the Amarillo B-B-Q joint on Ft. Crook. It has gained quite the reputation over the years. It is impossible to get to during the College World Series [*Extraneous Editor's Note: How could you fail to mention Stella's Hamburgers at 106 Galvin?*].

Bellevue is very accessible from the Interstate system, but it is hard to predict the length of time it will take to get anywhere. To get to UNO, if you left Bellevue at 8 a.m., we might be talking 45 minutes due to traffic. You're almost better off waiting until 9 a.m., when it would take you 15 minutes. Like any part of Omaha, on a usual day it will take you 15 minutes to get anywhere west of 96th Street.

It has its bright spots, and its dull areas, but don't travel too far north — Bellevue is called ghetto's middle-class stepbrother for a reason.

## Topics of year's best health books range from weights to essential oils

Ellen Creager  
Knight Ridder Newspapers

Most health and fitness books are geared toward improving our saggy, dumpy, tired, pudgy old selves. But who wants to open "The Complete Idiot's Guide to Cosmetic Surgery" on Christmas morning?

No matter how kind your intentions, never give a book to drop a hint that someone should get in shape.

Instead, restrict your health, fitness and holistic living book gifts to more pleasant or general topics. Here are some ideas.

### FITNESS

Give a fitness book only if the person already exercises, plays sports or is into working out. Look for something specifically geared to the person's interests.

A fabulous choice is the newly revised and comprehensive "Getting Stronger: Weight Training for Men and Women" by Bill Pearl (Shelter, \$19.95). It contains illustrated conditioning routines for dozens of sports and fitness activities and is suitable for all ages. The price is right, too. Also good is "The Sports Medicine Bible for Young Athletes" by Lyle Micheli with Mark Jenkins (Sourcebooks, \$19.95). Its information on injury prevention and treatment is worthwhile for families with kids in sports.

### HOT ACTIVITIES

If you know someone interested in yoga, tai chi or pilates, this is your year. The most wonderful? "Pilates for Beginners" by Kellina Stewart (HarperResource, \$21.95)

see Health books, page 4

## Health news: What women should know

David M. Johnson

### Abuse and ovarian function

A recent study conducted by researchers at Brown University links a history of physical or sexual abuse to early onset of menopause.

The primary danger for women going through early menopause is the high risk of heart disease. The report, published in the November issue of *Epidemiology*, states that women who were abused as children or teens showed: 1) a higher level of the hormone that stimulates ovarian function and 2) a lower level of estrogen.

Of the 732 women aged 36-46 who took part in the study, 59 percent reported some experience or fear of abuse in their past.

"Our results support the idea that physical and sexual violence may potentially contribute to early onset of menopause, which may lead to increased risk of cardiovascular disease," says Jennifer E. Allsworth, M.D.

### Young women and alcohol abuse

The Alcohol and Education Research Center has just released a study that showed while most male "heavy drinkers" were aged 35-54, a new wave of female "heavy drinkers" is emerging aged 18-24.

For the study, "heavy drinkers" were those who consumed 35 or more drinks a week. More than 2,000 people responded to the questionnaire.

While this is shocking, the problem making matters worse is that women are less likely than men to seek help for their drinking problem. Therefore, researchers suggest any discussion concerning alcohol intake be initiated by the health care provider during "well woman visits."

### More alcohol dangers

The American Institute for Cancer Research says women who average one and one-half drinks a day increase their risk of breast cancer by 25 to 30 percent. Additionally, women with a family history of breast cancer increase their chances by almost 50 percent if they drink alcohol on a daily basis.

A study by the American Journal of Clinical Nutrition finds that the higher risk of cancer may not be due to alcohol, but the increase in fat calories brought by alcohol. This research suggests women who drink are less likely to eat vegetables and take in less beta-carotene, thus raising their risk for cancer.

Information used in this article was taken from the health sites at [www.yahoo.com](http://www.yahoo.com) and [www.msnbc.com](http://www.msnbc.com).

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# opinions&editorials

## Cruisin' the news

Capel Cottage Review  
David M. Johnson

### • Who Was Driving?

Stuart MacNamara was arrested in Swansea, England, Nov. 25 for drunken driving, running a red light and speeding, all committed while he was on his cell phone. He was banned from driving for 18 months. Oh yeah, the kicker: MacNamara only has one arm. "We urge the public not to do any of these things," Police Superintendent Richard Lewis said.

What's the big deal? I've seen American women smoke, talk on the mobile phone, paint their nails and drink coffee all while navigating Dodge Street during morning rush.

### • Expensive Head

Japanese mountain climbers will now be able to go in style. Authorities at Mount Daisen in western Japan have shelled out \$600,000 for a pair of toilets which were placed at the summit, 5,673 feet above sea level. "We decided to build the toilets after climbers complained

that the old one really smelled bad," one official said. The new-fangled john comes complete with a purification vat and water recycling feature.

Mile High Club — not just for airplanes anymore.

### • Sweet And Sour, For Sure

Police arrested three men and a woman Nov. 18 on charges they robbed a Chinese food delivery man. One of the robbers hit the delivery guy over the head with a bag of prawn crackers while the others stole the takeout. Trouble was, one of the cartons leaked and police simply followed the trail of sauce to the robbers' apartment.

The problem with robbing Chinese food delivery men is half an hour later, you need to rob again.

### • The Bottom Line

Market Wrap Unwrapped, a Sydney, Australia-based company, is offering daily financial market reports given by women who will strip while giving the latest money reports. The reports last 20 minutes and feature Penthouse models ... all for \$9.95 per month. "It verges on the stock market/porn industry," said managing director Sam Ruddock. "But it is very tame, it's only R-rated." Check it out at [www.marketwrapunwrapped.com](http://www.marketwrapunwrapped.com) if

that is your thing.

Giving new meaning to a "rise in the market."

### • A Gift For The Woman Who Has Everything

European product distributor Commercial and General has come up with a way to tell if your man is cheating on you. It's called the CheckMate kit and it sells for \$86 over the Internet. If you think your guy is being unfaithful, simply drop a few drops of the product in his underwear. If a purple spot appears, there is semen present. It also works on bedding and car seats.

Listening, Hillary?

### • Istan No Bull

Turkey's Health Ministry is trying to reach young people about the dangers of AIDS, a difficult task in this conservative Muslim country. The government has come up with a book called *Never Without My Guardian Angel*, which features singing condoms, the history of condoms, and Shakespeare on condoms ("To wear or not to wear, that is the question."). "We're trying to reach young people in a jokey style that they will identify with," said Unal Ertugrul.

Romeo, Romeo, wherefore art thou, Romeo? And did you bring protection?

## from Senate, page 1

The uncertainty of what course student government will take in filling the position of student body president/regent is the latest issue since last month's elections.

Coran was elected with a majority vote, but was recently declared ineligible to hold office after it was discovered he had been convicted of a felony in 1997. Nebraska state law mandates that convicted felons are ineligible to hold elected office.

University officials have said the unprecedented developments will likely lead to the creation of new requirements in the candidacy filing process.



## Editorial and letter policy

Opinions expressed are not necessarily those of the University of Nebraska at Omaha or the University of Nebraska Board of Regents.

Opinions in columns and letters to the editor do not necessarily reflect the opinion of the Gateway staff or the publications committee.

Letters to the editor will be selected for publication on the basis of timeliness, clarity

and available space. The editor reserves the right to edit all letters for publication.

Letters must be signed using the writer's first and last names. Letters must include the writers address and phone number for verification purposes only. Letters to the editor exceeding two typed pages will not be considered for publication.

## Web site of the week

Eric Goodwin  
Knight Ridder/  
Tribune News Service

Professional athletes frequently compare their athletic endeavors to life-and-death, do-or-die situations. But no matter how bad a team gets beaten, there'll be other opportunities to earn a victory. Ancient players of the Mesoamerican ballgame, however, didn't have that luxury. To lose a match could mean losing your life. This intriguing game is investigated in the interactive Web site "The Sport of Life and Death: The Mesoamerican Ballgame"

(<http://www.ballgame.org>).

The oldest sport in human history, the ballgame had a significant role in the lives of the cultures (the Olmec, Aztec and Toltec among others) that participated in it. The game was a part of the ancient Mayan creation myth. More than a pastime, the Mesoamerican ballgame was an important religious event. To keep the gods appeased, thus ensuring the continued health of the community, losing players were offered as human sacrifices. It was also the first sport to use rubber balls.

The site offers many avenues

for visitors to explore this fascinating but neglected piece of history. A map gives information on the ancient cultures that played the game. A timeline shows what was going on in other parts of the world during the rise of the ballgame.

To get a feel for how the game was played, the site features a QuickTime movie depicting a reenactment of a ballgame. A Flash quiz tests your knowledge of the sport while you play a version of the game.

"The Sport of Life and Death" scores two points for being both fun and educational!

## from Health books, page 3

and "Yoga for Wimps: Poses for the Flexibly Impaired" by Miriam Austin (Sterling, \$17.95). The pilates book has a stand-up binding and excellent illustrations of pilates moves. The yoga book uses real people in its illustrations and allows beginners to use towels and other support methods while still getting a fairly classical yoga workout. (Nobody but experts should be insulted by the word "wimps" in the title. Most of us are wimpy when it comes to difficult yoga maneuvers!) For people interested in tai chi or reiki, consider "The Beginner's Guide to Tai Chi" by Ray Pawlett (Sterling, \$14.95) and the relaxing "Inner Reiki" by Tanmaya Honervogt (Henry Holt, \$20).

### CLASSICS

Try the revised New Age classic "Perfect Health: The Complete Mind Body Guide" by Deepak Chopra (Three Rivers, \$14.95). It still holds up as a thought-provoking book about living a life of awareness. And anyone who exercises will appreciate the 20th anniversary edition of "Stretching" by Bob Anderson (Shelter, \$14.95), which contains stretches for most sports and activities.

### HOLISTIC ACTIVITIES

If you know someone with an alternative outlook on life or an interest in holistic healing, one very nice book is "Lunchtime Enlightenment: Modern Meditations to Free the Mind" by Pragito Dove (Viking Compass, \$22.95). It contains simple advice for weaving spiritual meditation into your daily life. For people who want to try something creative, give "Mary Lee's Natural Health & Beauty Healthy Living with Essential Oils" by Mary Lee Patton and Bob Condor (Tarcher, \$23.95). You could package the gift with a few essential oil bottles from the health food store. Finally, you may know someone who would enjoy "The Lotus and the Stars: The Way of Astro Yoga" by Rob and Trish MacGregor (Contemporary, \$14.95). It combines astrology and yoga "to draw on the energies of the various sun signs and planets through specific yoga postures." Silly? It's better than giving Aunt Sally "Fight Fat After Forty."

## The cheap and the choice

compiled by Holly Lukasiewicz

### Concerts:

#### Friday, Nov. 30

3/4 Evil & others at Ranch Bowl, 8 p.m.  
Kyle Harvey & others at Pizza Shoppe & Pub, 8 p.m.  
The Labels at Howard St., 9 p.m.  
Finest Hour at Music Box, 8 p.m.  
Monkey's Uncle at Ameristar, 8:30 p.m.  
Montaj at Dub's Pub  
Earl Bates at Trovato's, 7 p.m.  
Dueling Pianists at DJ's Dugout, 9 p.m.

#### Saturday, Dec. 1

Youth Outreach Benefit w/Spearhead & others at Ranch Bowl, 6 p.m.  
Monkey's Uncle at Ameristar, 8:30 p.m.  
Montaj at Dub's Pub  
The PharoMoans at Rumor's, 9 p.m.  
The Street Urchins at 49er, 10 p.m.  
Full Flava at Trovato's, 10 p.m.  
Pure Blue Electronic Music Festival at Mac Dome, 8 p.m.  
Dueling Pianists at DJ's Dugout, 9 p.m.  
Linkin Park at Pershing, 7:30 p.m.

#### Sunday, Dec. 2

Jetpack at Bistro 121, 7 p.m.  
Genitorturers at Ranch Bowl, 8 p.m.

#### Monday, Dec. 3

Bad Luck Charm at Trovato's, 9 p.m.

#### Tuesday, Dec. 4

Chris Duarte & others at Ranch Bowl, 8 p.m.  
Compromise & others at The Junction, 7 p.m.  
Strange Pleasures & others at Music Box, 8 p.m.

#### Wednesday, Dec. 5

Creatures Of Habit & others at Ranch Bowl, 8 p.m.  
Dueling Pianists at DJ's Dugout, 9 p.m.

#### Thursday, Dec. 6

Jazz Jam at McFoster's  
Dueling Pianists at DJ's Dugout, 9 p.m.

### Art:

Mimi Amato exhibit at Stage Right, Dec. 1-Dec. 31  
Myths, Moods & Metaphors at Co-Op Gallery, thru Dec. 2  
Brook & Bantam exhibit at Bellevue University, thru Dec. 7  
Crosby-Wilson & Martinez exhibits at Creighton, thru Dec. 15  
Juan Pablo Macias photos at Page Center, thru Dec. 8  
Tom Reardon photos at Shelterbelt, thru Dec. 16  
David Radler photos at Jackson Artworks

### Theater:

Corpus Christi at Shelterbelt, thru Dec. 16  
You Should Be So Lucky at Omaha Community Playhouse, thru Dec. 2  
The Nutcracker at Orpheum, thru Dec. 2  
Viva (Almost) Las Vegas at Stage West, thru Jan. 20  
The Santaland Diaries at Blue Barn Theatre, thru Dec. 16  
The Dumbwaiter and God at College of St. Mary's, thru Dec. 9

[www.gateway.unomaha.edu](http://www.gateway.unomaha.edu)

## Bari strikes back

Christine Hollister

Bari Koral leads her life as a single singer/songwriter trying to make it in New York City and on the road — a little like the HBO series, *Sex and the City*.

"... But with more singing and less outfits," Koral says with a laugh.

Koral plans to let the whole world peep in on her lifestyle in a book of vignettes that will be a companion to her second album, *Cloud Walking*, to be released in January.

Koral looks forward to the release of her new album, but for now is focusing her energy on the nationwide promotional tour

for her self-released first album, *Joy*. She will be returning to Omaha Dec. 3.

"It's great coming back around to places we've been before," Koral says. "We're starting to get a lot of press and it's wicked cool to see that people know *Joy* and are singing the words."

The fans aren't the only ones catching on to Koral's music. Her hit song, "When I'm Gone," was featured on the NBC show *Providence* and Koral has been featured on Oprah Winfrey's *Oxygen*. She has appeared with Lenny Kravitz, Joan Osborne, The Doobie Brothers, Vonda Shepard, Lisa Loeb

see Bari Koral, page 7

## No room in the inn



Joseph and Mary (Brandon Rohe, Mishia Edwards) use their camel's humps (Melissa Garner, Shaun Greene) as pillows while sleeping in the stable. This performance was part of an evening of one-acts by Christopher Durang titled *Totally DURANGed*, which was held this month at the Weber Fine Arts Building.

## Like a bowl full of jelly

Holly Lukasiewicz

To scream an astonishing "NOOOOOO!" in response to the cruel phrase "Santa Claus isn't real" is a bold move on anyone's part. But to research and write a play about the existence of this mysterious man in red is pure heroism at its finest and requires the creative boldness defined flawlessly by writer and UNO graduate Gary Ogden Harper.

Harper's *Saint Nick* is a "fact-based fantasy play" about the historical life and symbols that have evolved into the Santa Claus we know today. His extensive graduate research has allowed him to give readers insight into the past events that formed the image and traditions that surround the character of Santa Claus.

Harper, who is currently working on his vocational education dissertation, gives the reader an entertaining journey through many Christmas traditions.

*Saint Nick* promises to educate the reader on why Santa is such a burly guy, why we even call him Santa Claus, how Rudolph and his red nose came into the picture, plus many more super Christmas facts. What makes this story even more appealing is that it is fun to read and the reader will learn stuff at the same time. What more could a reader ask for in a story?

Ultimately Harper would like to transform the short play into a novel.

"I kind of have my hands full right now because it's my full-time activity," Harper says. "Novels seem to be where the real demand is and many publishers are avoiding it because it's in play format."

In the near future, Harper is tossing around the idea of getting *Saint Nick* performed as a radio play, but says it's still too soon to tell the outcome of that goal.

"I'm just going to keep building on it and try to get it marketed to where there can be a stage production and more elaborate radio play," Harper says.

Harper recognizes the many talented actors out there he could see playing St. Nick.

"It's kind of hard to say which one because there's so many qualified guys," Harper says. "I could see George Carlin, or the older guy on that show *Everybody Loves Raymond*."

And what if St. Nick himself were to read this play? Harper doesn't seem too worried.

"Hopefully, he'd say I got it right, but I've done a lot of research and cross-referenced the information," Harper says.

As for vocational education, Harper says there is nothing more important.

"We've gone from a non-technological society to how we have to be computer-savvy," Harper says. "It's what's going to help educate people."

And what better way to educate people than through the story of the white-bearded man who likes to give us presents?

## Wax on, wax off

Paul Eide

In the street fight of life that is Hollywood, Ralph Maccio has taken on all comers. Whether it was catching flies with a pair of chopsticks in *The Karate Kid* or playing a greaser with a badass D.A. hairstyle in *The Outsiders*, Maccio has proven that he can bitch-slap any role that crosses his path.

However, dreams of thespianism didn't always occupy the frontal lobe of young Maccio's brain.

According to [www.geocities.com/Hollywood/hills/3036/RalphMaccio.html](http://www.geocities.com/Hollywood/hills/3036/RalphMaccio.html), Maccio claims: "Back when I was a kid I used to watch old movies of Fred Astaire and Gene Kelly and it really affected me. I decided I wanted to dance so my mom enrolled me in dance class and it was great."

After a lot of choreographed prancing and gyrating, Maccio eventually began performing in local musical productions. At the age of 16, Ralph signed with a talent agency that landed him acting gigs all over New York and New Jersey. His first acting role was an advertisement for Bubble Yum in the late 1970s. Over the course of the next four years, Maccio began acting in movies. His big break came in 1983, when he was cast in Francis Ford Coppola's epic of teenage rivalry, *The Outsiders*.

Thanks in large part to the success of *The Outsiders*, Maccio, at the age of 22, acquired the role of Daniel in an upcoming movie called *The Karate Kid*.

"When I read the script, I thought 'O.K., I'm this Luke Skywalker type and he's (Pat

Morita) Yoda and this is all very hokey with a corny ending."

Although the role seemed unpromising at first, things began to fall into place after shooting began.

"We ended up creating this great story that everyone could relate to. It had a positive message and it was honest and true."

Though the success of *The Karate Kid* could never have been predicted, no one was as shocked as Maccio himself.

"I'll never forget the first time I saw *The Karate Kid* in the theater with a real audience. I stood in the back and watched them laugh and kept thinking 'That's me. They're cheering me! This is a movie everybody loves and I'm in every scene in it!'"

*The Karate Kid* spawned three sequels (two with Maccio), but neither achieved the success of the first one.

"I really liked the third one a lot because it focused more on the characters. The second one spent too much time on the fighting and not enough on character development."

Maccio can take a beating. If you don't believe me, check out the scene in *The Karate Kid 2* where he gets worked over by a gang of 4-by-4-wielding toughs. After getting kicked in the stomach by that blond dude with a bouffant, he glares at him with a look that says "Hey, c'mon guys, those are my ribs and it hurts when you kick me there."

Few men (with the exception of Barry Williams) have been as typecast as Ralph Maccio throughout the course of human history.

"I don't argue against being typecast

see Ralph, page 7



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## Division I foes await Mavericks at Iowa State tourney

Paul Freeland

### Men's Basketball

Riding a four-game winning streak, UNO men's basketball head coach Kevin McKenna and his team will travel to Ames, Iowa, for the Tribune-Cyclone Challenge and the prospect of facing Division I competition.

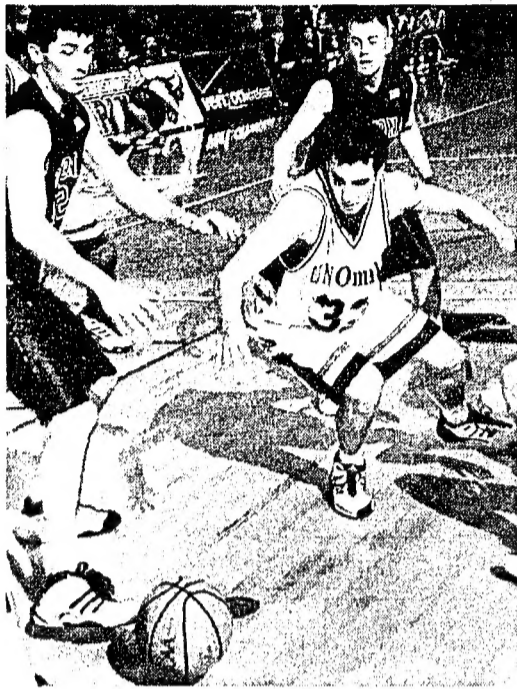
San Jose State and Wisconsin-Milwaukee await the Mavericks on Friday and Saturday, respectively. McKenna said the step up in competition has forced UNO to go back to basics in their preparation.

"So far we have been focusing on keeping sound fundamentals," McKenna said. "We need to be solid with the ball because the teams we will be facing will be more athletic and talented than anyone we have faced so far."

SJSU owns a 2-2 record, with wins over Fairleigh-Dickinson and California State-Sacramento. The Spartans are led by junior guard Moises Alvarez, who scores 10.5 points per game. Fellow junior and forward Gary Black averages 10.2 points and 5.0 rebounds per game.

McKenna said that while SJSU may not be the most impressive team, they are nonetheless a threat to UNO.

"[San Jose State] is a well-coached, solid team. They are not flashy and they do not have any tremendous players, but they are all



Cory Hahn dives for a loose ball during a recent game. The Mavs next see action against Division I opponents.

solid. If we are going to win, we need to play well on defense and not give up any easy baskets. Also, we need to keep them off the foul line, which we have had some problems doing since we play a more aggressive style of defense."

McKenna said that despite the formidable task facing UNO, he is confident about his team's chances in the tournament.

## Mavericks rope Mustang grappler

Bobby Camerlinck

On Oct. 13, the UNO Maverick wrestling team signed one of the most exciting, explosive young wrestlers in the state, Chris Kinsella of Millard North High School.

At age 17, his resume already includes one state championship, a regional championship in Greco-Roman style wrestling, and a regional championship in Freestyle. In last year's state tournament, he pinned or "technical failed" every opponent in the competition until the championship finals, which he won 9-2.

Kinsella exudes a quiet confidence and soft-spoken maturity that all too quickly turns into an almost animal ferocity when he hits the mat. He seldom complains about the rigorous workouts or inflexible weight requirements involved with wrestling. He can't remember the last time he savored a Thanksgiving dinner.

This year, he enjoyed a light meal before returning to the gym to push himself even harder.

"With wrestling, it's all hard work, heart, and never giving up. You've got to work harder than your opponents."

After a long summer of rehabilitation for an injured shoulder, he is ready to return to the mat Thursday at the North High School Invitational. He has a high school career record of 91-15. Last year, he went 31-0 as the undefeated (Class A) state champion at 145

pounds.

"My goal for the season is not to allow a point to be scored on me," Kinsella says.

Millard North is co-coached by former UNO four-time All-American, two-time national champion Braumon Creighton. Kinsella's older brother Dan is also a former UNO grappler, while another older sibling, Scott, plays rugby for New Mexico. Kinsella's twin brother, Matt also plans to attend UNO.

### Peanut gallery

- Props to UNO basketball star **Alvin Mitchell**, who was named Nebraska Division II Player of the Week. The senior scored 36 points, pulled down seven rebounds and added four assists in the Mavs' wins over Dakota Wesleyan and Winona State.

- Props to UNO grappler **Nick Blanchard**, who was named North Central Conference Wrestler of the Week. Blanchard won six matches, taking the 157-pound crown at the Kaufman-Brand Open.

- Head wrestling coach **Mike Denney** announces the signing of **Chris Kinsella** of Millard North to a national letter of intent. Kinsella finished 31-0 his junior season and won the Class A State Championship.

- The UNO women's golf team has a new athlete. **Amanda Stock** of Herman, Mo., signed a national letter of intent. Stock was a medalist at the Missouri State Tournament.

- Props to UNO basketball players **Jen Mitchell** and **Sara Peterson** who were named to the All Tournament Team for the UNO Tournament.

- Props to Mav b-ball players **Dan Morrow** and **Adam Wetzel**, who joined Alvin Mitchell on the All-Maverick Classic Team.

"I've received letters from Stanford, Cornell, South Dakota State and North Dakota, but UNO was clearly my first choice," Chris says.

Chris, like his older brothers, has also played rugby, but prefers wrestling.

"You have the family of a team sport, but also you know that success lies in your hands alone."

At the North High School Invitational, Kinsella will get this season's first chance to continue that success.

## The Raf report

Raf Czarnecki

Are you kidding me??? Summarizing what I witnessed this past weekend in the world of college football with two words - mind boggling. I'm having a hard time trying to put words together that could justify what went down in the Big 12 Conference last

Friday and Saturday. Let's just move on to future affairs before I lose my sanity and hurt myself.

If a college football playoff is what you want, a college football playoff you shall receive. Or at least, the closest thing to it.

Plain and simple, this Saturday, Dec. 1, is huge. How huge you ask? Huge enough that I'm comparing it to a first round playoff weekend. Huge enough that the three best teams in the nation (I'm just assuming Miami, Florida and Texas are good) have a legit chance of losing. Huge enough that I'll be glued to the TV for twelve hours — wait, I do that every Saturday.

Boys and girls, grab together your closest friends and/or favorite beverages and tune in this Saturday because, well, just keep reading.

We'll start off with a battle at high noon. Miami, arguably the best team in the nation and No. 1 in the BCS poll, travels to Virginia Tech. Right now all you "know it all, too smart for your own good arm chair quarterbacks" are thinking Miami is going to wax the Hokies, but as my friend Lee Corso would say, "Not so fast." If the Hokies' defense plays like it's capable of playing, and if running back Kevin Jones breaks out and tries to be a hero like Colorado's Chris Brown (Husker fan's favorite player), then Miami will have its hands full in a hostile environment.

Next, Tennessee travels to "The Swamp." No, this is not in reference to the Animal Planet show or that idiot alligator hunter, but rather, a preview of what to expect from the Florida Gators offense. Without running back Earnest Graham, the potent Gator offense will only score 35 points behind another strong performance from Heisman

hopeful Rex Grossman. Only problem for Rex, when that old guy from Heisman headquarters in New York calls out his name Dec. 8, Rex could be in Atlanta playing in the SEC championship game. Uh, scheduling problem?

While we're on the topic of overrated trophies, the Antwaan Randle El-David Carr race could be the closest in history ... Oh wait, since when has the best player in college football ever won the Heisman?

We finish our day in Dallas, Texas. For your sake, I'm not talking about that joke of a team called the Dallas Cowboys. No, I only ramble on about quality football teams.

The Colorado Buffaloes, coming off a

see Raf, page 7

# Holiday Help

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**from Disorders, page 1**

Online, between five and 20 percent of people with anorexia die of medical complications related to the disorder.

Bulimia nervosa is characterized by a secretive cycle of binge eating followed by purging. Bulimia includes eating large amounts of food — more than most people would eat in one meal — in short periods of time, then getting rid of the food and calories through vomiting, laxative abuse or over-exercising.

Binge eating, or compulsive overeating, is characterized primarily by periods of uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full. Body weight may vary from normal, to mild, moderate or severe obesity.

There are many physical symptoms and clues indicating a possible disorder as well, although different sources debate whether or not an individual must meet all criteria before being officially diagnosed. Some of the symptoms of anorexia and bulimia include loss of a significant amount of weight, continuing to diet although thin, feeling fat after losing weight, intense fear of weight gain, lack of menstruation; preoccupation with food and calories, preferring to diet in isolation, compulsive

cooking for others, hair loss, cold hands and feet, fainting spells, exercising compulsively, lying about food, depression, anxiety, weakness, exhaustion, periods of hyperactivity, constipation, growth of fine body hair, heart tremors, dry or brittle skin, shortness of breath, low body temperature, low blood pressure, slowed metabolism and reflexes, ulcers and rotting teeth (from excessive vomiting), irregular heartbeat (could lead to cardiac arrest), shrunken organs and bone mineral loss (leading to osteoporosis).

Although most of these symptoms can be cured and will dissipate as nutrition improves, some more serious symptoms may never go away. Many people who suffer from eating disorders will have to be constantly monitored for years after they are diagnosed, simply to be sure that there is no regression into old eating habits.

There are a number of causes behind all eating disorders and these are all causes we must be aware of — in our families, our friends and ourselves. Pay attention and don't let the media's ideals for perfection infect your mind.

*"The absence of flaw in beauty is itself a flaw."* - Havelock Ellis (1841).

**from Ralph, page 5**

because it's the truth" says Maccio. "How could one argue about being tied to a character and a movie that was so positive?"

While Maccio has reduced his acting roles in recent years, he is now focusing on becoming a successful writer. He recently finished traveling in the Broadway production of *How to Succeed in Business Without Really Trying*.

Sure, Maccio may look like he's 12 years old for all of eternity, but at least he's not Ricky Schroeder. If those two met in a dark

alley, you best believe that Daniel-sahn would whup Schroeder's silver spoon-toting ass.

In a land where people like Bob Vila have groupies, Maccio is an American icon. Just think what would have happened had he not heeded Mr. Miyagi's famous words "Paint the fence." Mullets may well have become the dominant life force in the universe and Gary Coleman might not have ever had to pay for sex.

**from Bari Koral, page 5**

and many others.

*Joy* has been self-distributed by Koral on her own Loopy Tunes label, which she created in 1999. Since the release of *Joy*, Koral has been on the road almost nonstop. In addition to her hectic touring schedule, she has also been covering much of the publicity.

Koral was able to spend some time back at home in New York to record her new album, which was recorded primarily at the Looking Glass studio in Manhattan.

"Some stuff on the new album is very *Joy*-like," Koral says. "But it is very

orchestrated and much more produced than *Joy*. It's a good combination of pop and artsy stuff."

The album features several guest appearances, and a special surprise with Tracy Bonham on violin and vocals.


"A lot of the album is very Amie Mann, Fiona Apple-esque," Koral says. "It's really a fun record."

Koral will perform songs from both *Joy* and *Cloud Walking* in the student center's Nebraska Room at noon Monday, Dec. 3.

**from Birth Control, page 2**

every three months, and stops a woman from ovulating. Norplant works similarly; hormones are placed in one's upper arm and last about 5 years. These have certain side effects different from the pill. One is that they do not wear off immediately if an individual has been on them for an extended period of time, meaning there is a waiting period if one wants to have children.

If sex is in the picture, but you do not want a pregnancy to be, contraception is the way to go. Just be sure it is going to be one that is effective, does not harm the body and suits your long-term plans. Most importantly, check with your doctor to see what is right for you.




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**from Hockey, page 1**

week's conference series becomes much more important with four points on the line when you figure UNO has 11 (four points back of first place Michigan State), and BGSU has seven (four back of UNO).

Last weekend, Bowling Green split with arguably the worst team in the league, Lake Superior State, but the Mavericks had a less than stellar split with Ferris State, who smoked UNO 7-2 Friday night.

Here are the raw facts:

UNO team captain David Brisson has been doing the primary damage to Bowling Green over the last three years, recording seven goals and six assists in seven career games. Despite trailing in the series, the Falcons have been outscored by just four goals in those nine games, 28-24.

Bowling Green defenseman Grady Moore is on his way to topping a career high 19 assists after registering his eighth of the young season last weekend. In the last six games, Bowling Green is 3-2-1 and has averaged four goals per game.

UNO broke out of a six-game power play drought with two power play goals Friday and one on Saturday. The Mavericks

only managed to earn three of a possible eight conference points during their four-game homestand against Michigan and Ferris State.

And here is the smack:

Posters on [www.uscollegelhockey.com](http://www.uscollegelhockey.com) have said the following about the upcoming series:

HockeyJohn says: "There are several X factors in the upcoming series. X Factor #1 - Which goaltender shows up? Both Ellis and Masters can be very good. They also can give up seven goals in a game if they receive little support. X factor #2 - Which Team shows up? Will the UNO team that lost 7-2 to Ferris at home show up or the team that swept MSU show up? Which BG team shows up? The one that swamped Miami 9-4 or the team that lost to Miami the next night?"

Addiction to hockey says: "Section 96 has mentioned the injury situation at UNO. At this time, it seems that they have the MOST injuries that they have ever had. Good teams do find a way to at least split on the road. We'll see just what type of team UNO does have this year."

**from Raf, page 6**

spanking of that team from Lincoln, now face a team that spanked them earlier this season, the Texas Longhorns. I don't see Colorado running for 800 yards against a solid Texas defense, but it's a college football game with national championship implications. In other words, expect craziness to occur.

I'll now play the role of Dan Jackson, "college football guru," and make my fearless predictions for this weekend:

An undefeated team will go down. BYU will lose at Mississippi State and we can finally throw the Cougars out of the mix.

Somebody is going to stick it to the

Beavers. Get your mind out of the gutter, men. The Oregon Ducks will smack around Oregon State and win the PAC 10 title. Penn State will wake up and realize that they're not good. Virginia: show me something. A witty yet annoyed fan will say to himself: "Why is Notre Dame on television and didn't Bob Davie get fired already?"

One of the aforementioned three best teams in the nation will lose Saturday. Bottom line, a college football playoff system would be big time. Eight teams, four weeks and one undisputed champion. I'm late.

# You're Never Too Young...

## Open Positions For Spring 2002

Stop by - even if you're a freshman - or not a communication major.

**Writers**

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**Features Editor**

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**Senior Staff Writers**



**Application Deadline:**  
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December 5, 2001

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# Campus recreation

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554-2539

Office of Campus Recreation  
A Unit of Student Affairs

UNomaha  
University of Nebraska at Omaha

## INTRAMURAL STANDINGS

### 4x4 VOLLEYBALL

#### Co-Rec A League

Big "T"	3-0
KMC	3-0
Shavis	3-0
Boss	2-1
3@First	1-3
Most Notables	0-4
Pike Pledges	0-4

#### Co-Rec B-Blue

A-Town	4-0
United Nations	2-2
Rockstars	1-3
Valley Girls	1-3

#### Co-Rec B-Red

BBB	1-1
Mighty Salmon	1-1
Go Nadds	1-1
Floppy Sock	1-1

#### Women's A League

Spchsters	3-0
BC' Chicks	3-0
J.A.T.S	1-2
Brew Babes	1-3
Sigma Kappa Beta	0-3

#### Women's B League

Barely Legal	3-0
Alpha Tappa Kega	3-0
Nelson	1-2
Aces	1-3
Sigma Kappa Omega	0-3

### 5x5 BASKETBALL

#### Sunday A League

Dirt	2-0
New Kids on the Block	1-1
The Ripped Guys	1-1
Diversity	0-1

Knowledge 0-1

#### Sunday A League (west)

Young	2-0
Lacy	1-0
Phi Slamma Jamma	1-0
Team One	0-2
Meyer	0-2

#### Sunday B League

Sugar Ray's Fun Police	2-1
The Connection	2-1
Burners	2-1
Team Zoltan	0-3

#### Sunday Co-rec

T&A	2-0
Scrubs	2-0
Basketballers	0-2
Mistmpered Jellyfish	0-2

#### Wednesday A League

Miller Time	4-0
Pike A	3-1
Sig Ep	3-1
Pike B	1-3
Lambda Chi Alpha	1-3
Theta Chi A	0-4

#### Wednesday B League

WP	4-0
Kinda Asian	2-2
Pike Z	2-2
Goodfellas	0-4

### FLOOR HOCKEY

#### B League

Sig Ep B	2-0
Shepherders	1-0
Slapshot Mats	0-1
Rec-ing Crew	0-2

#### Fraternity League

Sig Ep A	2-0
Pike A	2-0

Theta Chi 0-2  
Lambda Chi Alpha 0-2

### Fall Youth Arts and Crafts Programs Announced

Campus Recreation is offering a Fall Youth Arts and Crafts Program for children ages five to 12. The cost is \$5 per session for all children of UNomaha students, faculty, staff and HPER activity cardholders, and \$8 per session for general public participants of the summer MAV Kids program. SATURDAY - Dec. 1, 10-Noon  
For more information, contact Fran (x4-4941) or Lisa (x4-2539).

### Outdoor Venture Center

Call 554-2258 or <http://www.unomaha.edu-wwwoc/>

### CAMPUS RECREATION IS NOW ACCEPTING ALL MAJOR CREDIT CARDS FOR ANY CAMPUS REC PURCHASE!!

Noon Faculty/Staff Volleyball Fridays from noon to 1 p.m. beginning Friday, Sept. 7. There is no need to sign up, and all skill levels are welcome. For more information, contact Mike Kult at x4-2539.

### WELLNESS STAMPEDE EVENTS

Massage - Mary Baughman will be on campus to give chair massages on the 1st and 3rd Fridays of each month. 1st Friday 11-1 in Hper, 3rd Friday 11-1 in Health Services, MBSC. Cost \$13.50 for 15 min. massage.

### Walking Club

MWF 12:15-1:00

TR 5:15-6:00

Need a break throughout the day?? The Fall Walking Club is in full swing. We are walking MWF 12:15-1:00pm and TTH 5:15-6:00p.m. You can join us at the Pep Bowl outside the Eppley

doors. Come and go as you chose but while you're there be prepared to walk your way to fitness.

We are offering **DOUBLE** Mav Tracks points during the Holiday crunch time. From Nov. 20th-25th and Dec. 1-Jan.1 you can double all points earned in the areas of aerobics, strength training, stretching, and recreation. This is a great opportunity to keep you motivated over the holidays and work your way towards earning your next prize. Just indicate your double points on your Mav Track log with an "+".

### Campus Rec Drop-In Fitness

Free to Students and HPER activity card holders.

#### Mondays

12-12:45 pm Aqua Exercise-Pool  
5:15-6 pm Step  
6:30-7:30 C.A.P.S.

#### Tuesdays

12-1 pm Step  
4:15-5:15 pm Basic Training  
5:30-6:30 pm Women on Weights

#### Wednesdays

6:45-7:30 am Cardio Kick  
12-12:45 pm Aqua Ex.  
4:15-5:15 pm Yoga  
5:15-6:15 pm Step'n' Tone  
5:30-6:30 pm Hydro Combo  
6:30-7:30 pm C.A.P.S.

#### Thursdays

6:45-7:15am Cardio Kickbox class  
12-1 pm Cardio Kick  
4:15-5:15 pm Basic Training  
5:15-6:15 pm Power Yoga I  
6:30-7:15 pm Mega Step  
7:30-8:30 pm Power Yoga II

#### Fridays

12-1 pm Step

Call Dave Daniels at 554-2008 or stop by HPER 100 for details.

**CALL 554-3917**  
or Campus Rec for details!

## \*\*\*Classified Ads\*\*\*

### NOTICES

Advertising will be rejected that discriminates based on age, race, color, national origin, religion, sex, disability, marital status or sexual orientation.

### LOST & FOUND

FOR ITEMS LOST AT UNO  
Contact Campus Security, EAB 100, 554-2648. Turned-in items can be claimed by a description and proper identification.

Advertising for items lost or found on the UNO campus will be published free in the Gateway for two weeks. Forms are available at the Office located in Milo Bail 1st Floor.

### HELP WANTED

#### NANNIES NEEDED

\*Part-time; 20 flexible hrs/wk; newborn twins  
\*Any 3 days/wk; 7:15am-6:15pm; 4 children  
\*Full-time positions available

\*Must be at least 18 years old & have 2 yrs child care experience. For more information call Family Service at 552-7432

### The Cookie Company

Here's the perfect part-time job for students. Flexible hours, clean work, low stress, no grease and no late hours. Two pay raises in first 6 months. Apply at Crossroads Mall.

### ST. LUKE CHILD DEVELOPMENT CENTER

Professional child care environment. Full and part-time positions.

Competitive wages and benefits!

\*Infant caregivers

\*Toddler and 2's teachers

\*Preschool lead teacher or assistants

\*Floater teachers

11810 Burke Street,  
333-6886

### FAMILY SERVICE

Part-Time & Full-Time  
Youth Care Specialist

Do you enjoy working with children? Are you interested in a human services setting? We currently have full-time and part-time assignments available in our Omaha, Council Bluffs and Fremont Emergency Child Care Shelters. Work day, evening or overnight shifts. Provide child care supervision and transportation. Salary range \$9 to \$11 hourly. Interested? Call Family Service at 552-7428. Apply at Family Service, 2101 S. 42 St, Omaha, NE 68105.

Or Email us at [www.familyservicemidlands.org](mailto:www.familyservicemidlands.org)  
EOE/AA, United Way Agency

### Temporary part time position

Clerical position at The Omaha Home for Boys with flexible hours to work around your schedule. If your schedule allows, could work up to 40 hours per week during December. Contact Ellen Paschall at 457-7092 or email [ellenp@omahahomeforboys.org](mailto:ellenp@omahahomeforboys.org)

**Do you love the outdoors?** Want to share your passion for nature with girls? Become an Environmental Education instructor for the Girl Scouts-Great Plains Council. Requirements: interest in working with girls ages 6-11, availability after school and/or Saturday & reliable transportation. Internships available. Stipend paid for each workshop. Contact Liz Martin, Outdoor Programs Specialist, 558-8189, x.217 or [emartin@gppgirlscouts.org](mailto:emartin@gppgirlscouts.org)

### Make \$3000.00+ By Xmas

6 fun sales positions open at Westroads Mall. Avg. \$6.75-22/hr. 402-733-8277

### Students Wanted

Earn Money Working Part Time  
-create your own schedule around your classes  
[www.income2000online.com/hafer](http://www.income2000online.com/hafer)

### FAMILY SERVICE

#### Part-Time

**Solomon Girl's Center**  
Do you enjoy working with youth? Are you interested in a human services setting? We currently have a part-time assignment available in our Solomon Girl's Center as a Program Specialist I, providing supervision and transportation for youth and interacting with youth and families. Interested? Call Family Service at 552-7428. Apply at Family Service, 2101 S. 42 St, Omaha, NE 68105. Or Email us at [www.familyservicemidlands.org](mailto:www.familyservicemidlands.org)  
EOE/AA, United Way Agency

**WANT TO MAKE A DIFFERENCE?** Become a mentor! The Professional Partner Program is looking for volunteers willing to work with children who need a positive role model. Call Andria @ 444-6568 for more information.

### TYPING SERVICES

APA Papers Typed. \$2.00 per page. Mary 551-8183

### FOR SALE

Don't wear your cornhuskers stuff to Maverick events! Hats & Shirts.  
[www.NebraskaOmaha.com](http://www.NebraskaOmaha.com)

'93 Mustang, 125K, automatic, power windows & locks. Asking \$2500. Call 291-7687

### FOR RENT

CLOSE, COMFORTABLE, AFFORDABLE  
1 AND 2 BEDROOMS AVAILABLE NOW  
WASHER/DRYER INSIDE APT.

#### MICROWAVE

#### EXERCISE ROOM

#### POOL

SPRING TREE  
3056 SO. 60<sup>th</sup>  
(JUST NORTH OF I-80)  
551-2084

**\$295 'Move In Ready'** 1 bed apts- 116 N 37, 4157 Hamilton, 3304 Burt, 4701 Burd. \$475 2 beds- 315 N 34, 4355 Davenport, 1104 N 40. Call Ann 344-7130 wkdy 10-11:30 am, 12:30pm to 5pm, Sat. 10-2

### HOUSING

APTS., HOUSES and sleeping rms. for rent, roommate lists - call UNO off-campus Housing Referral Service at 554-2383 or stop in the Admin. Office, Milo Bail Student Center.

### APARTMENTS AVAILABLE

9 Month Lease Available  
417, 421-423 North 40th Street (Between Cathedral and Joslyn Castle) Large 1 and 2 Bedroom Apartments  
Carpet, Central Air, All appliances Off Street  
Parking, Security. Lease from \$375-\$495 per month  
Heat and Water Paid  
Belgrade Company Phone 393-6306 or Fax 393-4208

### TRAVEL

**\*\*\*ACT NOW! Guarantee the best SPRING BREAK PRICES!\*\*\*** South Padre, Cancun, Jamaica, Bahamas, Acapulco, Florida & Margarita. Reeps Needed...Travel free, earn \$\$\$ **GROUP DISCOUNTS FOR 6+** 800-838-8203/  
[www.leisuretours.com](http://www.leisuretours.com)

Wanted! Spring Breakers! Sun Coast Vacations wants to send you on Spring Break to Cancun, the Bahamas, Jamaica, or Mazatlan FOR FREE! To find out how, Call 1-888-777-4642 or e-mail [sales@suncoastvacations.com](mailto:sales@suncoastvacations.com)

SPRING BREAK with Mazatlan Express. From \$399. (800)366-4786. <http://www.mazexp.com>

**NEWS TIP? CALL 554-2470**

Spring Break Party! Indulge in FREE Travel, Drinks, Food, and Parties with the Best DJ's and celebrities in Cancun, Jamaica, Mazatlan, and the Bahamas. Go to StudentCity.com, call 1-800-293-1443 or email [sales@studentcity.com](mailto:sales@studentcity.com) to find out more.

### ANNOUNCEMENTS

**MoJo's Coffee House**  
**UNO End of Semester Special**  
Extra Shot of Espresso FREE  
when you show your UNO ID.  
MoJo's Coffee House, 49th & Dodge

**Having a difficult time?**  
The Community Counseling Clinic in Kayser Hall 421 is free to students and low cost for everyone. Call 554-2727 for an appointment.

### Fraternities Sororities Clubs Student Groups

Earn \$1,000-\$2,000 this semester with the easy Campusfundraiser.com three hour fundraising event. **Does not involve credit card applications.** Fundraising dates are filling quickly, so call today! Contact [Campusfundraiser.com](http://Campusfundraiser.com) at (888) 923-3238, or visit [www.campusfundraiser.com](http://www.campusfundraiser.com)